

## **Historic, Archive Document**

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## CONSUMER TIPS

Point Buying, No. 2: For Food Value

1. Use points to buy most nutritious foods (see Table 1).

TABLE 1.—*Vegetables as sources of vitamins, minerals, and energy*<sup>1</sup>

Kind of vegetable	Vitamin A	Thiamine	Ascorbic acid	Riboflavin	Calcium	Iron	Energy value
Beans, lima (green)							
Beans, snap	Excellent	Good	Good	Good	Good	Excellent	595
Beet greens	do	Good	Excellent	Excellent	Good	Good	190
Cabbage		Good	Excellent	Good	Good	do	150
Carrots	Excellent	do		do	do	do	130
Chard	do	Good	Excellent	Good	Excellent	Excellent	205
Collards	do	Good	Excellent	Good	do	Good	115
Corn, sweet		do					225
Kale	Excellent	do	Excellent	Excellent	Excellent	Excellent	510
Lettuce, green	do	do		Good	Good	Good	225
Parsnips		do	Good		do	do	85
Potatoes		do	do				380
Spinach	Excellent	do	Excellent	Good		Excellent	385
Squash, Hubbard	do	Good	Good				110
Sweetpotatoes	do	Good	Good				200
Tomatoes, red	do	do	Excellent				565
Turnip greens	do	do	do	Excellent	Excellent	Excellent	105
Turnips, white				do	Excellent	Excellent	165
					Good	Good	155

<sup>1</sup> Data of the Bureau of Home Economics.

2. Read label on can to compare for lowest cost per ounce and for best food values in nutrition and quantity.
3. Note bulk of can in lbs. and ozs., and amount of juice in pts., quarts or ozs., to find number of cups and servings you can get, (see table for can size):

KITCHEN CUP MEASURING TABLE FOR CAN AND BOTTLE SIZES.

BULK(ave. size): 1 lb.(tall); 1 lb. 4 oz.; 1 lb. 12 oz.

(No. 1)

(No. 2)

(No. 2½)

Cups : 2

2½

3½

Servings : 3 to 4

4 to 5

5 to 7

JUICE(fluid ozs): 12½ ozs: 1 pt. : 1 pt. : 1 pt. : 1 qt.

2 ozs

4 ozs.

8 ozs.

14 ozs.

Cups : 1½

2½

2½

3

5 ¾

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